

SEPTEMBER 2014				
SRPMIC Diabetes Program Group Exercise Classes				
Salt River Fitness Center & Salt River High School				
10005 E. Osborn Rd Scottsdale, AZ 85256 ** 480-362-7320				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
FITNESS CENTER CLOSED Labor Day SRPMIC Tribal Office Closed	6:15 am – 7:00 am Spinning® w/Rachel 8 bikes available 9:30 am – 10:00 am NO Mousercise 12:05 pm – 12:50 pm Circuit Training w/Michelle  Salt River High 3:30 pm – 4:15 pm Zumba® w/Rachel  5:30 pm – 6:30 pm Spinning® w/Michelle 8 bikes available 6:30 pm – 7:30 pm Kettlebell w/Nevelle	12:05 pm – 12:50 pm HIIT w/Michelle 2:00 pm – 3:00 pm LARC YOGA SESSION *PRIVATE SESSION*  5:30 pm – 6:30 pm Zumba® w/Anne	6:15 am – 7:00 am Spinning® w/Beverly 8 bikes available 9:30 am – 10:00 am NO Mousercise 11:05 am – 11:50 am Spinning® w/Beverly 8 bikes available 12:05 pm – 12:50 pm NO Zumba Class  Salt River High 3:30 pm – 4:15 pm Circuit Training w/Michelle  4:00 pm – 5:00 pm Core/Function Training w/Braxton 5:30 pm – 6:30 pm Spinning® Circuit w/Michelle 8 bikes available	12:05 pm – 12:50 pm Spinning® w/Michelle 8 bikes available  5:30 pm – 6:30 pm Zumba® w/Rachel
8	9	10	11	12
11:05 am – 11:50 am Core/Functional Training w/Braxton 12:05 pm – 12:50 pm Step & Pump w/Michelle 2:00 pm – 3:00 pm LARC YOGA SESSION *PRIVATE SESSION*  Salt River High 3:30 pm – 4:15 pm Circuit Training w/Michelle  5:30 pm – 6:30 pm Zumba® w/Annie 6:30 pm – 7:30 pm Senior Dance 55+ w/Roberta J.	6:15 am – 7:00 am Spinning® w/Rachel 8 bikes available 9:30 am – 10:00 am Youth Service – Mousercise 12:05 pm – 12:50 pm Total Body Conditioning w/Dion  Salt River High 3:30 pm – 4:15 pm Low Impact Aerobics w/Rachel  5:30 pm – 6:30 pm Spinning® w/Michelle 8 bikes available 6:30 pm – 7:30 pm Kettlebell w/Nevelle	12:05 pm – 12:50 pm HIIT w/Michelle 2:00 pm – 3:00 pm LARC YOGA SESSION *PRIVATE SESSION*  5:30 pm – 6:30 pm Zumba® w/Rachel	6:15 am – 7:00 am Spinning® w/Beverly 8 bikes available 9:30 am – 10:00 am Youth Service – Mousercise 11:05 am – 11:50 am Spinning® w/Beverly 8 bikes available 12:05 pm – 12:50 pm Zumba® w/ Rachel  Salt River High 3:30 pm – 4:15 pm Abs, Thighs, Gluts w/Rachel  4:00 pm – 5:00 pm Core/Function Training w/Braxton 5:30 pm – 6:30 pm Spinning® Circuit w/Michelle 8 bikes available	12:05 pm – 12:50 pm Spinning® w/Michelle 8 bikes available  5:30 pm – 6:30 pm Zumba® w/Rachel
15	16	17	18	19
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22	23	24	25	26
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29	30	SRPMIC FITNESS CENTER ELIGIBILITY: SRPMIC Enrolled Community Members, Community Members’ family, Residents, Tribal and Enterprise Employee ( Casino AZ, Talking Stick Resort, Salt River Fields, Landfill, Saddleback, DEVCO, Salt River Material Group, Talking Stick Golf), Red Mountain/Lehi Branch Boys & Girls Club Employee. All individuals are subject to proof of enrollment, residency, employment or affiliation to SRPMIC. Question or comment: 480-362-7342 (Diabetes Program Manager)  SRPMIC Health Services – Diabetes Program’s Fitness Center Monday –Thursday: 6:00am – 7:30pm/Friday: 6:00am – 6:30pm/Saturday-Sunday: Closed  Community Events presented by Diabetes Program- Fitness Center/Health Service Dept: EVENTS 1. Suicide Awareness Glow Walk. Tuesday, September 16, 2014. 6:30 pm Meet at SR Fitness Center. More info call 362-7327 (Health Ed Dept) 2. 2014 Family Health & Fitness Day 10k, 2-Mile & Youth 0.5 Mile Run. Saturday, September 20. Onsite Registration starts at 6:15 am. First event starts at 7:15 am. This event is community member/non-community members. SR Fitness Center 480-362-7320		



**Salt River Fitness Center Group Exercise Classes Descriptions (employees, students & community members/residents welcome)**

**CORE/FUNCTIONAL TRAINING:** The focus will be on the upper and lower abs, obliques, and back muscles, muscular slings used in functional movement, as well as the hips and gluts to develop better balance. This class will assist in balance, agility and strength for an overall fitness. *All levels.*

**HIIT (High Intensity Interval Training):** This class focuses on interval training by incorporating High intensity interval training (HIIT) using the 20-10 microburst training protocol. HIT workouts are short in duration and are designed to boost post exercise caloric burn so your metabolism keeps burning more calories long after the exercise is over! Be ready to work hard & sweat hard! **Moderate to High intensity.**

**KETTLEBELL:** Functional, compound exercises work multiple muscle groups simultaneously, developing strength and muscular endurance and efficient caloric expenditure utilizing the kettlebell. With a focus on integrating breathing, movement and alignment with your ability to control balance and weight. Working with the Kettlebell is combined with body weight exercises and other fitness equipment for an all-around heart-pumping workout. *All levels.*

**SENIOR DANCE CLASS 55+:** Enjoy this well-rounded and exciting workout that keeps you on your toes while moving to the beat of the music! In this class you will be learning several line dance routines that are low impact yet get your heart pumping. Roberta Johnston leads the class choreography. Come out and have fun and dance the calories away. **This class is intended for individuals 55+.**

**SPINNING®:** Spinning® workout for 40 -50 minute ride on the indoor cycling bike where the instructor guides you through variety of movement on the bike, for example, flats, hills, runs jumps and sprints to burn calories. We have 8 bikes available. **FIRST COM FIRST SERVES! NO RESERVING BIKE.** Remember to bring water bottle and towel for workouts! **All spinning classes welcome the beginner to advance riders. \*We encourage a base of cardiovascular exercise of 3 month prior to starting in a spinning class.**



**SPIN CIRCUIT:** Cardio and strength come together where riders use body weight, resistance tubing and light to medium weights for upper body exercises off the bike. This class you will be alternating from riding and off bike strength exercises. *All levels.*

**STEP & PUMP:** A circuit/interval class that mixes both step aerobics and strength training in one designed workout. Many times you may not have 2 hours to spend in the gym – so this allows you to work both your heart and your muscles extensively in one class! By doing short circuits of cardio on the step, followed by strategic intervals of strength training, you will definitely leave this class feeling like you used your time efficiently! *All levels.*

**TOTAL BODY CONDITIONING (TBC):** Looking for a calorie burning class and want to add strength training to your workout? Look into joining this class! A moderate to high intensity class that can be challenging that will give you the results you want of weight loss, lower body fat and add strength to your body. Do your weight training in a group setting. An awesome class! Variety of equipment will be used. \*Recommendation: All participants should have at least 3 months or more of consistent workout session; 3 or more days a week of activities prior to taking this class. **Moderate to High intensity.**

**YOUTH SERVICE MOUSERCISE:** Youth Service’s Early Enrichment Program exercise session for kids 3-5 years old. Incorporate aerobic exercise, coordination exercise and fun games, motor skill and aerobic conditioning. Please contact Youth Service for more information on their YS EEP program.

**ZUMBA®:** Join the party! Zumba ®combines high-energy and motivating music with unique moves and combinations that allow the Zumba® participants to dance away their worries. Add some spice and flare to your workout and shake your cha-cha! This Latin-based group exercise class is fun and easy to do. No dance experience required! A workout mixes body sculpting movements with dance steps derived from cumbia, meringue, salsa, reggaeton, hip hop, mambo, rumba, flamenco, and Salsa. The routines feature aerobic interval training with a combination of fast and slow rhythms. It targets areas such as the glutes, legs, arms, abdominals, and the heart. A Zumba class is typically not formulaic in that instructors often add on their own music choices and choreographies to make their class presentation locally unique. Lead by licensed Zumba® Fitness Instructor. *All levels.*

**Salt River High School: 3:30pm-4:15pm (employees, students & community members/residents welcome)**

**ABS, THIGHS, GLUTS:** : In this class you will conditions your lower body and abdominals with variety of exercise utilizing body weight, resistance bands, and dumbbells to lift and strengthen your core and lower body muscles. A step maybe used. Modification will be shown for all. *All levels.*

**CARDIO KICKBOXING & ABS:** Cardio kickboxing is a non-contact workout that includes both aerobic and strength training routines in an energizing environment usually to the beat of dance-music. Learn the specific punches and kicks, to improve overall agility and power followed by abdominal exercises. *All levels.*

**CIRCUIT TRAINING:** This class offers a form of conditioning combining resistance training and high-intensity aerobics. It is designed to be easy to follow and target strength building as well as muscular endurance. *All levels.*

**LOW IMPACT AEROBICS:** Taking it back to the standard low impact aerobic workout. Get a great cardiovascular workout with fun and simple moves that will also tone your body and followed by 10 minute weight workout and 5 minute cool-down and stretch. *All levels.*

**STEP AEROBICS:** A predominantly low-impact activity which involves stepping up and down on a platform while performing creative choreographic movements to music. The instructor will offer options in the workout to suit all levels. Beginner, Intermediate and Advanced steppers are all welcome! For variety, Step class my include Step Interval or Step Circuit. *All levels.*

**YOGA:** This class is a true beginner’s class or for those new and returning to yoga. Focus is on breathing, balance, stretching, and releasing tension. This slower paced class offers a gentler flow, which aids in releasing muscles with gentle ease. *All levels.*

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